

"So much more energy - it's worth the hard work!"

In August 2000, I joined Weight Watchers (WW). That wasn't the first time I ever joined WW, but that time, something was different; I decided to get serious and change My Attitude. I was 42 years old and had been overweight ever since I was a teenager. I was tired of complaining and feeling bad about my weight, and not making any change in my weight. I didn't have high blood pressure, YET; I didn't have diabetes, YET; but I could see those things in my future, if I didn't make some changes. I thought to myself, "am I going to wake up someday at 70 years of age, and say, gee, I wish I would have lost weight when I was younger?"

So, this time I did it differently:

- I attended WW meetings weekly.
- I exercised regularly.
- I took extra opportunities to walk e.g., parking further away from the stores and taking the stairs often).
- I followed the WW program closely.
- When I had some setbacks, I didn't give up. I just got going again.



I was assertive with others (e.g., family, friends, and restaurant servers), asked for help and explained, especially to my family, how I needed their help. My initial weigh-in was 192 pounds (I am 5'7") and reached my goal of 155 by May or June of 2001. I have kept most of the weight off ever since then. Other things that I did differently this time to help me keep the weight off: I got rid of the big clothes. When I found that I had gained 5-10 pounds back (and that has happened more than once), I began to attend weekly WW meetings again. I have continued to be a regular exerciser. When I got off track, I got back on track.

I am a Curves member and also like to fit walks in during lunch, after work, and on weekends. In addition, I have an exercise bike at home which I use on the weekends, when walking isn't an option because of the weather.



In January of this year, I found that I had gained weight and I was up to 165 pounds. I joined the *Weight Watchers - At Work Program* at the Legislative Service Bureau in downtown Lansing. I enjoy the program and find it to be very helpful. So far, I have lost 5 pounds. I'm taking the slow route this time - nothing too drastic. Just trying to live healthier by controlling my food portions and exercising regularly. And some treats now and then, too.

If you are overweight and your weight is affecting your health and your self-esteem, I encourage you to give WW a try. It is hard work to develop new, healthier habits. But, you know what? YOU are worth it! I feel so much better, and I have so much more energy now. It's worth the hard work!

- Rosemary Franklin, MDCH